بسم اللّه الرحمن الرحيم

عنوان المحاضرة: Contraception Counseling

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The ideal contraception (that is 100% Safe & Effective, has No side effects) doesn't exist and may be never exist, so what we do is to weigh both benefits & hazards for each patient circumstances

**Definition:**

Counseling is a way of working with people in which you understand how they feel and help them to decide what to do.

** The interaction between the client and the doctor should be direct without a barrier (مكتب)

There is 2 EXPERTs in the room:

►Client: Expert on own needs and situation ►Provider (Doctor): Expert on technical knowledge & skills

**Tools for Effective Counseling:**

1-Skills (of Communication or counseling) 2-Scientific Technical information

3-Stages of the counseling process: ●Beginning ●Middle ●End

**A) Skills:**

**1-Non-verbal skills:**

Showing your attitude through your posture, your expression, everything except speaking

●Keep your head level: (Deal with the patient according to his level not yours)

●Pay attention & keep eye contact & CLOSE your mobile

●Barrier Removal (المكتب) ●Take time (متستعجلش) ●Touch appropriately and professionally

**2-Verbal (Listening and learning) skills:**

Ask all needed questions to complete the picture e.g.:

-عايزه تستعمل إيه، استعملت إيه قبل كده، إيه المشاكل اللي حصلت معاها، الزوج بيسافر ولا لأ، عايزه أولاد تاني ولا لأ،........

*As a result for 1 & 2* → 3-Building confidence & giving support

**B) Scientific Technical Information:** (What Clients Need to Consider?)

●Effectiveness and mechanisms of action

●Side effects and medical complications (short and long-term)

●Other method characteristics (The benefits and limitations of the method)

●Relationship to breastfeeding ●Reversibility

●How to use method and when to return (Warning signs and symptoms)

●The need for protection against GTIs and other STDs (e.g., HBV, HIV/AIDS)

**C) Stages in Counseling:**

1-Beginning: Initial Assessment (Tailor information to client's needs)

Provider assesses client's needs and preferences based on:

●Reproductive goals and desired method ●Reproductive and sexual history ●Medical history

●Previous method use and knowledge about contraceptives ●Other relevant factors

2-Middle: Making an Informed Choice

3-End: Discussing the Method Chosen

●Explain chosen method in more detail ●Prepare client for potential side effects

●Ensure client understands how to use correctly ●Provide memory aids when possible

●Discuss when and why client may need to return to clinic

**Purpose of counseling:** Helps clients→ (Choice – Satisfaction – Safty – Continuity – Teaching)

**Principles of counseling:** Focuses on individual client's needs and situation by assuring:

●Confidentiality ●Choice (Voluntary) ●Consent (Informed) ●Client's rights

**Benefits of counseling:**

- Acceptance (Increases)
- Positive for continuation
- Client: Increases satisfaction
- Dispels rumors and misconceptions
- Effective use

**Factors Affecting Method Choice:**

- Reproductive goals of woman or couple (spacing or timing births)
- Personal factors including time, travel costs, pain or discomfort likely to be experienced
- Accessibility and availability of other products those are necessary to use method

**Family Planning Approach:** "The GATHER Approach"

- G: Greet respectfully
- A: Ask/Assess needs
- T: Tell information
- H: Help choose
- E: Explain and demonstrate
- R: Return and reinforce/refer

**The Good Counselor:**

- Understands and respects the client's rights
- Earns the client's trust
- Understands the benefits and limitations of all contraceptive methods
- Understands the cultural and emotional factors that affect a woman's (or a couple's) decision to use a particular contraceptive method
- Encourages the client to ask questions
- Uses a nonjudgmental approach which shows the client respect and kindness
- Presents information in an unbiased, client-sensitive manner
- Actively listens to the client's concerns
- Understands the effect of nonverbal communication
- Recognizes when s/he cannot sufficiently help a client and refers the client to someone who can

**Rights of the Client:**

- The right to decide whether or not to practice family planning
- The freedom to choose which method to use
- The right to privacy and confidentiality
- The right to complete and accurate information
- The right to form/express their own opinions
- The right to refuse any type of examination

**Categories of Family planning counseling:**

- Group: Cost-effective way of information-giving and answering questions
- Couple: Enables choosing a method to be a joint decision
- Individual: Best for dealing with confidential items

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**WHO Unmet need for family planning:** للإطلاع

Unmet need for family planning = [Women (married or in a union) who are not using contraception, are fecund, and desire to either stop childbearing or postpone their next birth for at least two years + pregnant women whose current pregnancy was unwanted or mistimed + women in post-partum amenorrhea who are not using contraception and, at the time they became pregnant, had wanted to delay or prevent the pregnancy] / [Total number of women of reproductive age (15-49) who are married or in a union] x 100